



MIDDLETOWN

Senior News



150 William Street • (860) 638-4540 • (860) 638-4541

Debbie Stanley, Acting Director of Senior Services

Daniel Drew, Mayor

Spring Wildflowers of Connecticut

Tues., May 6th 2pm

Join us in welcoming back Naturalists, Peter and Barbara Rzasa for a beautiful slideshow presentation highlighting several native wildflowers. Stories and flower folklore of our native spring wildflowers will be shared.

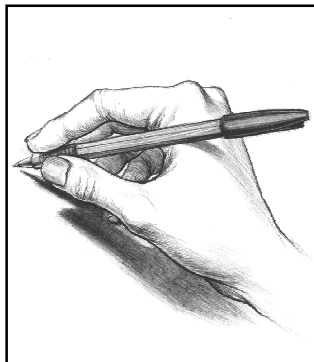
DRAWING CLASS

Tuesdays May 6,

13, 20, 27

2:30pm—4:30pm

This class is instructed by Armida Espallat. It is a 10 week session class costing \$20.00. All materials included.



Monthly Entertainment by Magician Rick Rothstein

Wed., May 7th 11am-12pm

Please join us for entertainment by magician Rick Rothstein. Would you like to stay for lunch? Remember to make your reservation in advance with CW Resources at 860-558-5285.

FREE SENIOR BREAKFAST

Tues., May 13th 9am

Please join us for a Free Senior Breakfast. This is sponsored by Middlesex Health Care Center.

Please call the Senior Center at 860-638-4540 to register for this event.



Bladder Issues

Weds., May 14th 2:30pm

Please stop by the Senior Center for this educational seminar on Bladder Issues.

Educational Seminar on Elder Law

Tues., May 20th 2pm

Please join us for an educational seminar given by Attorney D. Jeanne Messick of Dzialo, Pickett & Allen, P.C. A discussion of the following topics will include; Home Care Assistance Programs, Caregiver Agreements to Protect Assets, Using Home Equity Loans vs Reverse Mortgages.

CIVITAN BINGO

Tues., May 27 6:30pm

Please join us for Civitan Bingo. If you need transportation to and from the Senior Center, please call us in advance at 860-638-4540.

GET INVOLVED !

May 1, 5, 7, 8, 12, 14, 15, 19, 21, 22, 28, 29. Exercise. Mon, Weds. & Thurs.
May 1, 8, 15, 22, 29. Knitting 1:00 pm.
May 1, 8, 15, 22, 29. Oil Painting Class. 1:15pm
May 5, 19. Massage Therapy 9am-2:30pm
May 5, 12, 19. Tai Chi at 10:30am
May 5, 7, 12, 14, 19, 21, 28. Ceramics 12:30pm
May 5, 12, 19. Line Dancing. 1:15—2:30
May 5, 12, 19. Dancing for Joy. 1:30pm
May 6, 13, 20, 27. Blood Pressure Clinic 12:45pm—1:45pm
May 6. Spring Wildflowers of Connecticut 2:00pm
May 6, 13, 20, 27. Senior Drawing Class 2:30pm-4:30pm
May 7. Entertainment by 11am
May 7, 14, 21, 28. Yoga. 10:00am & 11:30am
May 8. Reiki 9-12
May 8. Recreation/Community Service Committee Meeting 6pm Recreation Office 100 Riverview Ctr.
May 12. Bus Sign-ups for June
May 13. Free Senior Breakfast 9am. This is sponsored by Middlesex Health Care Center
May 13. Grandparent Resource Group 10am—12pm
May 14, 28. Foot Care Appointments 9am-3:00pm
May 14. Educational Health Seminar Bladder Issues 2:30pm
May 19. Amazing Grace Food Pantry. 1:00-3:00
May 20. Educational Elder Law Seminar 2pm Attorney D. Jeanne Messick
May 21. Beltone Rep., Hearing Aid. 12:00pm
May 23. Hamburger & Hotdog Dinner \$3.00 per person 2:30—3:30.
The Senior Center is closed on May 26th in observance of Memorial Day
May 27. Civitan Bingo 6:30pm

It's fine to celebrate success but it is more important to
heed the lessons of failure.

Bill Gates

Community Café Free Lunch Winner

Congratulations to, Stanley Rys, April's winner.
Enter for a chance to win a free lunch,
compliments of CW Resources.

March's Brain Teaser Winners

*Jane Burr, Nancy Clayton, Joan Fazzino, Chet
Koelsch, Jane Koelsch, Rosemarie Mordarski,
Chuck Stanley, Rosemarie Vecchitto & George
Zepko

**Denotes Prize Winner*

Congratulations to all of our winners. Please
stop by the Senior Center to pick up
April's Brain Teaser.

THE MIDDLETOWN SENIOR NEWS

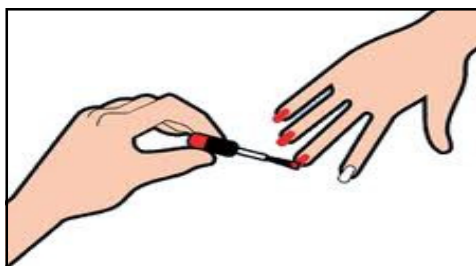
Acting Director: *Debbie Stanley* 860-638-4501
Senior Services Coordinator
Heidi Geores 860-638-4541
Senior Service Specialist/ADA Compliance Officer
Laura Runte 860 638-4542
Office Fax: 860 343-5427
Municipal Agent: *Laura Runte* 860 638-4542
Prog.Aide/Cust: *John Marion*
Sr. Bus Driver: *Mike Rogalsky*
Café Manager: *CW Resources—860-558-5285*
e-mail address: Debbie.stanley@middletownct.gov
Dept. web site: www.cityofmiddletown.com/seniors

OUR CENTER OFFERS A WIDE SELECTION OF ACTIVITIES

Bingo, Wednesday and Friday at 1:00 pm. (25 cents per card)
Blood Pressure Clinic, Every Tues. 12:45, sponsored by our Public Health Nurse
Bowling, Nintendo Wii, 12:30 pm., Mon., Tues & Wed.. Virtual Bowling (free)
Card Games, Thur., 12:30 pm. Setback, Kings in the Corner, Michigan Rummy
Ceramics, Monday and Wednesday at 12:30 pm. (\$1.00 per class)
Civitan Bingo, last Tuesday of month (Sept.– June), 6:30 pm. (free)
Coffee and Tea, are available free all day for seniors while in the center
Computer Center Classes, Computer classes for Seniors 60 and older
Dancing for Joy, Mon., 1:30-2:45 pm. Led by Laura Richling (free)
Drawing Class, Tues, 2:30-4:40pm. Led by Armida Espaillat (10 session, materials included \$20.00)
Driver Safety Classes, by AARP instructor, 4 hour class (\$15.00 AARP member, \$20.00 non-member)
Educational Seminars, See calendar and flyers (free)
Exercise, Mon., Wed., 9:00 am, Thur., 10 am. (free)
Foot Care Clinic, The 2nd & 4th Wednesday of the month with Phyllis Bjornberg-Haut, LPN. (\$35.00)
Grandparents Resource Group, Second Tues. of the month, 10:00 am. Guest Speakers (Sept.-May, free)
Hearing Screening, Third Wednesday of the month, 12:00—1:00 pm. (free)
Knitting, Thur., 1:00 pm. (free) Interested knitters meet to knit, share patterns, and socialize.
Lending Library, books, magazines, jigsaw puzzles, and rotating collection from Russell Library (free)
Line Dancing, Mondays, 1:15 pm. (free)
Lunch, Hot lunches catered daily by CW, please call 860-558-5285—suggested donation (\$2.50)
Lunch Entertainment, 11:00 am, the first Wednesday of the month, featuring a variety of entertainers.
Massage, Massage Therapist Elaine Rowe (CT. Lic. #000775), 1st/3rd Mondays.
Middletuners, Traveling senior chorus. Barbara Arafteh, Director, 860 347-4887
Movies, recently released DVD's, Tuesdays at 12:30 pm (free)
Newsletter, Monthly Senior Center newsletter containing information and activities (free)
Oil Painting, Thursdays, 1:15 pm. (free)
Ping Pong, Available most days, call for reservation
Senior Center Bus, excursions on Tuesdays and Thursdays (from \$3.00)
Senior Counseling, Municipal Agent, various hours, call 860 638-4542
Senior Resources Manual, 8 page handbook of resources and services (free)
Tai Chi, Mondays at 10:30 am. (\$40.00—ten week cycle)
Yoga, Wednesdays. The 1st session 10-11:15am (8wks, \$28.00) The 2nd 11:30-12:30pm (8 weeks, \$21.00)

Free Manicures/Free Computer Class

Please call the Senior Center at 860-638-4540 for information on the next scheduled date for a free manicure and/or free computer class. This is sponsored by the students from Vinal Technical High School.



Hamburger & Hotdog Dinner \$3.00

Fri., May 23rd 2:30pm-3:30pm

Join us for a delicious hamburger & hotdog cookout. The cost is \$3.00 per person. Please

register for this special dinner at the Senior Center.





5

9:00 Exercise
 9:00-2:30 Massage Therapy—By Appointment
 10:30 Tai Chi
 12:00 Lunch: Menu available at Senior Center
 12:30 Ceramics
 1:15 Line Dancing
 1:30-2:45 Dancing for Joy

6

9:00 Mohegan Sun Casino
 12:00 Lunch: Menu available at Senior Center
 12:30 Wii Bowling
 12:30 Movie: An Unfinished Life
 12:45-1:45 Blood Pressure Clinic
 2:00 Spring Wildflowers of Connecticut
 2:30-4:30 Senior Drawing Class

9:00-9:45 Exercise
 10:00 Yoga A
 11:00 Monthly Entertainment
 11:00 Aqua Turf College
 11:10 Yoga B
 12:30 Ceramics
 1:00 Bingo

12

9:00 Exercise
 10:00 Sign-up for June Bus Trips
 10:30 Tai Chi
 12:00 Lunch: Menu available at Senior Center
 12:30 Ceramics
 1:15 Line Dancing
 1:30-2:45 Dancing for Joy

13

9:00 Free Senior Breakfast
 10:00 Bus Trip: Bowling Laurel Lanes
 Applebee's
 10:00-12:00 Grandparent Resource Group
 12:00 Lunch: Menu available at Senior Center
 12:30 Wii Bowling
 12:30 Movie: Eat Pray Love
 12:45-1:45 Blood Pressure Clinic
 2:30-4:30 Senior Drawing Class

9:00-9:45 Exercise
 9:00-2:30 Foot Care—By Appointment
 10:00 Yoga A
 11:10 Yoga B
 12:00 Lunch: Menu available at Senior Center
 12:30 Ceramics
 1:00 Bingo
 2:30 Educational Seminar

19

9:00 Exercise
 9:00-2:30 Massage Therapy—By Appointment
 10:30 Tai Chi
 12:00 Lunch: Menu available at Senior Center
 12:30 Ceramics
 1:00-3:00 Amazing Grace Food Pantry Bus Trip
 1:15 Line Dancing
 1:30-2:45 Dancing for Joy

20

10:00 Bus Trip: Somerset Mall
 Maggie McFly's Restaurant
 12:00 Lunch: Menu available at Senior Center
 12:30 Wii Bowling
 12:30 Movie: Forrest Gump
 2:00 Attorney D. Jeanne Messick Seminar
 12:45-1:45 Blood Pressure Clinic
 2:30-4:30 Senior Drawing Class

9:00-9:45 No Exercise
 10:00 Yoga A
 11:10 Yoga B
 12:00 Lunch: Menu available at Senior Center
 12:00 Hearing Screening
 12:30 Ceramics
 1:00 Bingo

26

**CLOSED
 MEMORIAL
 DAY**



27

10:00 Bus Trip: Kloter Farms
 Pastori's Restaurant
 12:00 Lunch: Menu available at Senior Center
 12:30 Wii Bowling
 12:30 Movie: Driving Miss Daisy
 12:45-1:45 Blood Pressure Clinic
 2:30-4:30 Senior Drawing Class
 6:30 Civitan Bingo

9:00-9:45 Exercise
 9:00-2:30 Foot Care—By Appointment
 10:00 Yoga A
 11:10 Yoga B
 12:00 Lunch: Menu available at Senior Center
 12:30 Ceramics
 1:00 Bingo

WEDNESDAY		THURSDAY		FRIDAY	
			1		2
		10:00 No Exercise 10:15 Bus Reserved: TBD 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
	7		8		9
ment Rich Rothstein A Capella Groups \$38pp		9:30 Bus Trip: Submarine Force Museum Flannigan's Restaurant 10:00 Exercise 10:00-1:00 Reiki 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting 6:00 Recreation/Community Service Committee Mtg Recreation Office 100 Riverview Center		12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
	14		15		16
Appointment able at Senior Center ar on Bladder Issues		9:30 Bus Trip: Lyman Allyn Art Museum Goldy's Museum 10:00 Exercise 12:00 Lunch: Menu available at Senior Center 12:30-4:30 AARP Safe Driving Class 12:30 Cards 1:00 Knitting 1:15 Oil Painting		12:00 Lunch: Menu available at Senior Center 1:00 Bingo	
	21		22		23
able at Senior Center g		10:00 No Exercise 10:00 Bus Reserved: TBD 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		12:00 Lunch: Menu available at Senior Center 1:00 Bingo 2:30-3:30 \$3.00 Hamburger & Hotdog Dinner	
	28		29		30
Appointment able at Senior Center		10:00 Exercise 10:15 Bus Reserved: TBD 12:00 Lunch: Menu available at Senior Center 12:30 Cards 1:00 Knitting 1:15 Oil Painting		12:00 Lunch: Menu available at Senior Center 1:00 Bingo	



Bingo Wed. & Fri. 1:00-2:30 pm. 25 cents per card. You may win up to three times in addition to a cash jackpot on the final game. **Middlesex Health Care Center** generously provides bingo prizes on the 1st Wednesday of each month. **Wadsworth Glen** generously provides bingo prizes on the 1st Friday of each month. *January's top jackpot winner took home \$11.50!*

Movies Tues. 12:30 pm. Join us in watching recently released DVD's every Tuesday at 12:30 pm.

Wii Bowling Mon., Tues. & Wed. 12:30 pm. Drop-in for a friendly game of Wii Bowling.

Card Games Mon & Thur. at 10:30 am. *Set-Back, Kings in the Corner, Michigan Rummy.* Drop-in for a friendly non-competitive afternoon of cards.

Ceramics Mon. & Wed. 12:30-2:00 pm. Class meets two days a week, \$1.00 per class. There are many pieces available both large and small, paints and firing are free. Instructor, Joe Chasse

Community Café 12:00 noon. Catered lunches are served Mon.—Fri. A monthly menu is available. Make your reservations at least 24 hrs. in advance by calling 860.558-5285, between 10:00 am - 1:00 pm. The suggested donation is \$2.50.

Computer Center Classes for Seniors 60+. This free class is sponsored one Friday a month by Vinal High School. Contact the Senior Center or www.cityofmiddletown.com/Seniors.

Dancing for Joy Mon. 1:30-2:45 pm. Open to all seniors. Led by Laura Richling & sponsored by www.neighborhoodmusicschool.org.

Exercise Mon. & Wed. 9:00 am. & Thur. 10:00 am. Listen to energizing music and get your heart rate going with like-minded seniors. You can do as much as you're comfortable with. Instructor Ronna Kuzminski.

Foot Care 2nd & 4th Wed. each month. This 1/2 hour appt. includes; foot inspection for present or potential problems, foot soak, toenails trimmed, calluses smoothed & foot massage with Phyllis Bjornberg-Haut, LPN. Cost \$35.00

Grandparents Resource Group 2nd Tue., 10:00 am. (Sept.-May) A monthly support group for people raising grandchildren or a relative's child. Drop-ins are always welcome to attend. Frequent guest speakers offer valuable information.

Knitting Thur. 1:00 pm. Our knitting group meets informally on Thursday afternoon to knit, share patterns, and socialize. Drop-ins are always

welcome.

Line Dancing Mon. at 1:15-2:15 pm. Great music, great beat, and clever lyrics make this class fun. Please, no open toe shoes/heels. Instructor Betty DeVilbiss

Municipal Agent Laura Runte Mon.– Fri. 8:30 am – 4:30 pm. Assisting seniors with understanding and gaining access to senior related support services, completing forms, applications and navigating choices.

Oil Painting Thur. 1:15-4:15 pm. This class is open to new or returning students. Stop in and be surprised by our talented artists. Instructor, Adele Johnson.

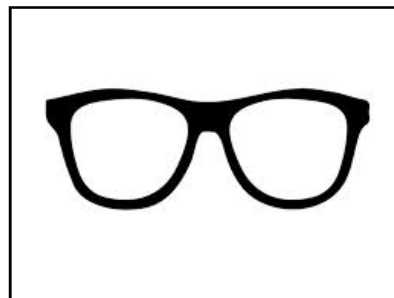
Tai Chi Mon. 10:30-11:45 am. Class meets on a 10 week cycle (\$40.00). Tai Chi is an excellent exercise activity emphasizing a peaceful mind and relaxed body. Instructor, Bob Michael.

Gentle Yoga Wed. 10-11:30 am. Two classes run with an 8 week cycle of rolling admissions. The class can be adapted to your special needs with modifications or by using a chair. Stop-in and see if this class is for you. Instructor, Liz Hall.

DO YOU HAVE USED GLASSES/ HEARING AIDS?

The Lion's Club is accepting donations for
used glasses and
hearing aids.

Please stop by the
Senior Center on
150 William
Street to drop off
any used glasses
or hearing aids.



AARP's Driver Safety Program 2014 Class Schedule

May 15th, July 17th, September 18th,
November 20th

All classes held on Thursday afternoons from
12:30pm-4:30pm Advanced registration is required
Payment required at time of registration
\$15.00 for AARP Members (membership # required)
\$20.00 for Non-Members

Payable by Check or Money Order only. Call the Senior
Center at 860-638-4540 for more information.

Middletown Senior News
150 William Street
Middletown, CT 06457

Standard Mail

U.S Postage

PAID

Permit #38

Middletown

CT 06457

ECKERSLEY HALL BUILDING COMMITTEE

By the time this newsletter is distributed, the old Senior/Community Center Building Committee Chair Ron Klattenberg will have stepped down. He and his wife sold their house in Middletown and moved to East Falmouth, Cape Cod, to begin their "real" retirement. Ron said, "The time that I spent with the Building Committee has been, personally, one of the most rewarding of my community service career. I can not adequately explain in a few words how heartfelt my feelings are for the Committee and the great work they are doing for the residents of Middletown. The new Senior

Center will be a focal point for the entire community but especially for the growing senior population. Seniors have waited too long for this building but ultimately their wait will have been worth it. I want to especially acknowledge Phil Pessina for being a terrific Vice Chair and Beth Lapin, Committee Coordinator, who has been extremely supportive and helpful in every aspect of the planning and execution of this project. I also want to thank the Mayor, Common Council and Middletown Seniors for believing in this project with their overwhelming financial support."

Joe Samolis, who will serve as Committee Chair, is now taking the lead on filing for federal tax credits to further reduce the bonding needed by taxpayers to complete the work. Construction is still on schedule and most of the emphasis now is on site work, interior stair framing, ceiling installation, mechanical equipment, and completion of the geothermal installation. Re-roofing of the building will begin shortly.

The May meeting for the Building Committee is scheduled for May 12 @ 6:00. NEW LOCATION: Middletown Recreation and Community Services Dept in Riverview Plaza. If anyone has questions or comments please contact Joe Samolis, Chair at 860.638.4801 or Phil Pessina, Vice Chair at 860.346.0348. Finally, Ron shared that Falmouth is now beginning the process to build a new Senior Center for their community and he may be involved with this project. He hopes to bring all he's learned in Middletown to the Falmouth project and plans to see everyone at Middletown's grand opening this fall.

ARE YOU INTERESTED IN VOLUNTEERING TO HELP WITH THE NEWSLETTER?

If you would like to volunteer your time at the Senior Center please call us at 860-638-4540. We need some assistance with sending out our monthly newsletters.